

Ring in the New Year Tobacco Free

Quitting tobacco consistently ranks among the top New Year's resolutions each year. This year, the Kansas Department of Health and Environment is offering a new and free resource to help Kansans meet their goals. The Kansas Tobacco Quitline, 1-866-KAN-STOP, is a 24 hours a day, toll-free Quitline that offers tobacco users a confidential and convenient way to access immediate help when they are ready to quit tobacco or need support to remain tobacco-free.

The Kansas Tobacco Quitline was launched in mid-November in conjunction with the Great American Smokeout. The Quitline received approximately 300 calls the first month of operation and a positive result in the number of callers to enrollees.

When a caller calls the Quitline, an experienced cessation specialist answers the call and works with the caller to conduct a personalized analysis of their tobacco use habit and develop a customized Quit Plan to help them succeed in becoming tobacco free. The one-on-one telephone counseling sessions are scheduled at times convenient for the caller and all services are free.

Quitting results in immediate health benefits for both light and heavy smokers, including improvements in breathing and circulation. The increased risk for coronary heart disease and stroke is substantially reduced after one or two years of not smoking. When smokers quit, their lungs begin to heal and their risk of lung disease drops. Smoking cessation also improves quality of life and physical functioning.

For more information about quitting tobacco visit <http://www.kanstop.org/> or call the Kansas Tobacco Quitline at 1-866-KAN-STOP (1-866-526-7867).